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Health

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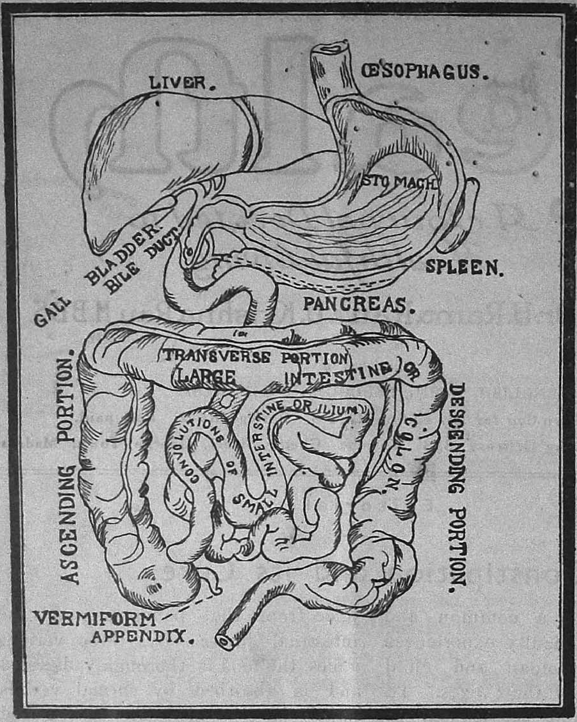
Editorial

Constipation and its Cure

CONSTIPATION is a common and troublesome difficulty experienced by every man, woman and child almost every day of their lives. To properly understand the causes of constipation, it is necessary to know the process of digestion. The food that we take undergoes digestion first of all in the mouth, where it is acted upon by the saliva secreted by the salivary glands. The food must be thoroughly masticated for which an All-Wise Providence has supplied us with sharp and strong instruments in the teeth. Mastication not only aids and simplifies digestion but also avoids constipation. Then the food enters the stomach, where it is acted upon by the gastric juice. After the food leaves the stomach, it passes on to the intestines where it meets with the bile from the liver, the pancreatic juice from the pancreas and the intestinal juices. By these various juices, the food is thoroughly digested and is absorbed by special vessels called the lacteals. The undigested and indigestible refuse is carried constantly along in the intestines by a worm-like motion called peristaltic action. When the call comes, at stool, the breath is inhaled so as to depress the diaphragm which produces a pressure downward upon the intestines; and the muscles of the abdomen contract so as to produce pressure in front of them and it is by this process that the residuum of the food taken into the mouth and the excrementitious secretions of the colon are cast out of the body.

The secret of health, therefore depends on the immediate response to the peremptory calls of Nature. It



The Organs of Digestion.

many times as the palate demands with the result that the digestive organs are made to work ceaselessly and without rest all through life. But, 'All work and no play makes Jack a dull boy'. Likewise, all work and no rest makes the digestive organs dull and diseased.

The *immediate causes* of constipation then are (1) a diseased liver by which an insufficient supply of bile is given to the waste substances to soften and lubricate

takes a maximum of 8 hours for the food to digest and one should answer the calls of Nature once in 8 hours. Thus, three meals and three evacuations a day are provided for by Nature. But in this busy world and the hurly-burly of existence, the natural three evacuations have been suppressed and only one in the morning maintained. It is said 'habit is second Nature' and this one evacuation has become the age-long habit with the people. But, what about the meal? Unfortunately, it does not stop with three but has been increased to as

them; (2) retention of the faeces until their fluidity has been absorbed or evaporated in disagreeable gases; (3) the use of food that greatly absorbs the fluids (4) the use of astringent food or medicine (5) the habitual use of too concentrated nutrition for there must be bulk as well as true aliment; (6) over-eating by which the digestive apparatus and the intestines are unduly distended; (7) relaxation of the muscular fibres of the intestines so that they contract feebly; (8) contraction of the respiratory organs by tight-lacing or disease,

so that the diaphragm cannot be deeply depressed; (9) weakness or flabbiness of the abdominal muscles in consequence of which the bowels can give little or no pressure in front; (10) the partial or complete paralysis of the rectum in which case it has not the power to expel substantial faeces. The *pre-disposing causes* are sedantary habits and blood impurities

The symptoms of constipation are crowded, distended feeling of the bowels; the drowsiness, lassitude, headache and in some cases disagreeable breath and offensive effluvia. Injury may also be inflicted upon the procreative organs of both sexes. An inactive liver and obstinate constipation in many cases compel nature to dispose of the bile and the waste matters through the excretory pores of the skin. When so expelled, the effluvia are very offensive.

In the treatment of constipation, the causes should first be ascertained. There should be a change in diet.— "Fried and baked potatoes, vegetables and meats cooked brown; fine wheat bread, rice in any form, sweet apples, and all food and fruit of an astringent quality are bad for people of costive habit". Constipation may be relieved by relaxing fruits of which the grape is the best. The virtues of grape have been graphically described by a writer thus. "when in health, swallow only pulp: when the bowels are costive and you wish to relax them, swallow the seeds with the pulp, ejecting the skins: when you wish to check a too-relaxed state of the bowels, swallow the pulp ejecting the seeds, also masticate the skins well and swallow the astringent juice of them. Thus may the grape be used as a medicine while at the same time it serves as a laxative, unsurpassed by any other fruit. An adult may eat three or four pounds a day with benefit. It is well to take them with or immediately after your regular meals." Serious objection, however, is taken to the advice to swallow the seeds of the grape for constipation, as it will lead to the lodgment of them in the vermiform appendix, and thus causing appendicitis. Perfect regularity at stool is essentially necessary to prevent and cure constipation. Fixing the mind upon the function of expelling the faeces also aids; while the diversion of the mind in thinking of other matters or in reading greatly retards the free movement of the bowels. When at stool, kneading the bowels with the hands or pressing or manipulating them greatly aids in producing an evacuation. This is called abdominal massage and has been found to be exceedingly beneficial. Proper position also helps evacuation. There are other kinds of treatment such as purgatives. According to the ancient Hindu Medicine, "Charaka Samhita," there are six kinds of constipation and one hundred purgatives for each kind. The modern world is no poorer for purgatives. They are *ad nauseam*. The evolution of man during four thousand years has not yet lessened the number. The druggists' shelves carry six hundred laxatives or combinations thereof for satisfying the caprices of customers. But while man cannot discard purgatives altogether, he cannot try all. When he needs must use them, he must select the best combination and the most harmless one, else he will be courting only additional trouble.

The squatting position adopted by the Indians is the best

Reference and Acknowledgment:

Home Cyclopædia—Popular Medical, Social and Sexual Science—By E. B. Foote, M. D. Twentieth Century Edition.—Murray Hill. Publishing Co. New York.

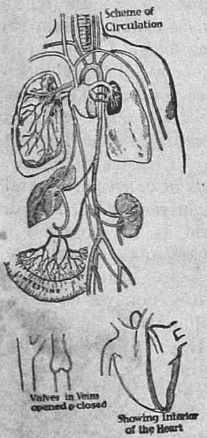
HEART ATTACKS

By Dr. Charles Hooper
Coeur d'Alene, Idaho, U. S. A.

The papers are full of accounts of deaths from heart attacks.

Another factor besides the stress and strain of present-day civilization operates to cause such deaths.

Many more men than women succumb to heart attacks. A man's chief preoccupation centers in his work or vocation. Unlike women, whose home-life flows on in the even tenor of its way throughout their lives, most men have a fixed ambition. They want to make a certain amount of money, or invent a new machine, or write or paint a masterpiece, or organize some religious, political, or social movement.



When a man is young, he feels that many years of life lie ahead of him. Consequently he takes things easy, and plans for the future.

But when a man reaches middle age, he feels that he has not very many years of life left. Therefore he increases his activity in order to achieve his ambition before he dies. Also, at middle age his mind and powers are at their best, and he plunges into his work with more ambition, zeal, enthusiasm, and vigour than he did when he was younger. He actually works harder than he did when he was a young man.

The consequence of it all is, he works too hard, tries to do too much, gets nervous and excited, and drops dead from a heart attack.

My advice to such men is: Slow down! Imitate the tortoise that beat the hare by plodding along slowly and steadily. Feign to yourselves that you are going to live to be 100, and have plenty of time to achieve your ambitions. *Festina lente!* Make haste slowly! This advice, if followed, will cut in half deaths from heart attacks.

Another piece of advice that may save your lives! Don't worry about your heart! It is the strongest organ in the body if you give it a chance, and don't worry about it.

Dr. S. Adolphus Knopf, a prominent New York Physician points out that the death rate from heart disease in the United States of America increased fifty per cent from 1900 to 1930, and that deaths from cardio-vascular diseases cost the Life Insurance Companies of that country twenty five million dollars in 1933. According to him, bad habits, excess of all kinds, such as smoking, use of alcohol, mental and physical stress bring on hardening of the arteries. He advocates deep breathing as a means of benefiting persons suffering from heart disease.

A Few Health Hints

—By K. L. Narayana Rao,
M.B., B.S., Madras.

WATER forms about 50 per cent of the human body and 70 per cent of the new-born infants. It is needed for the assimilation of food, the building up of new tissues, the regulation of body temperature, the excretion of waste products of the body and is used in the supply of energy for the working of body. Water stands foremost in the requirements of the human system: next in rank only to air. You can live days together without food, but not without water. When Mahatma Gandhi was starving for 21 days, he had to take plenty of water with little salt. Otherwise his living would have become doubtful. Ordinarily, we take a lot of water in our foods, which may require to be supplemented with water now and then, especially in summer months. Sometimes small children will cry, for which young mothers will not be able to give any reason, which may after all be relieved by some cold water But this question of water becomes more pressing when there is loss of fluid from the body, as in diarrhoea, vomiting and fever. In such cases, when food is withheld, we have to supply the water which would have been naturally given with the food, plus the water lost by vomiting, by diarrhoea or in bringing down the temperature by evaporation of water from the body surface. Without water living becomes difficult. In some cases, especially in children, withholding of water by itself may produce fever, which can only be relieved by water. But it is highly regrettable that there is a common belief among the lay-public that water should not be given in such cases and giving of water will produce "cold in the body" (Janni), the meaning of which nobody knows. It is really heart-rending to see children thirsting for water, and the mothers withholding it inspite of specific instructions from the doctor. In such cases when the body is craving for water to replace the loss, and to excrete the toxins produced in the body—want of water will do more harm than the disease itself, and in many cases will be the immediate cause of death. Sometimes it becomes necessary to give water by injections (saline infusions) which, I am sure, many parents will refuse. There is nothing so vital to the body as water and no harm will come by giving plenty of it to all living beings.

Food, we all know, is essential for all life. It supplies energy for the internal working of the human system and for normal labour, it replaces water in the body and supplies material for the building up of the body. A growing child requires comparatively more food than an adult or an old man, because in the former excess food is necessary for growth also. If a child suddenly becomes lean it is attributed to sudden growth. But the fault in such cases is want of proper nourishment. Tall boys are always lean, because they are not given enough food for the growing needs of the body. By food I mean a diet containing the proper

proportions of all food essentials (*e.g.* proteins, fats, carbohydrates, vitamins, minerals, etc.) and not simply a large quantity of rice.

Loss of appetite is an early symptom in all derangement of the human body. It indicates that the body is not in a position to digest or absorb any food. This disinclination for food is Nature's way of preventing you from taking food, when you don't require it. So in all such cases, it is advisable to withhold food, because administering what is not required will set up other complications. In cases of fever, when there is no inclination for food, you have to give only small quantities of liquid food which could be easily digested and absorbed and will give minimum of work to the internal organs. If a fever-patient refuses food, there will be such commotion in the house that all the relations will flock around him to force on him some food and the doctor will be asked to give some medicine to improve his appetite and digestion. They think that without food, that too solid, the patient becomes weak. But few know that it is only a defence of the body to prevent taking what is not required. In such cases starvation or bland diet will do more good than any food.

In cases of diarrhoea and vomiting, the gastro-intestinal tract is in such irritable state that nothing is retained in the stomach or in the intestines. Any food given in such conditions will only increase peristalsis, because the stomach or the intestines will try to get out what it cannot retain or digest. This will result only in more vomiting or diarrhoea. What is required is complete rest to the gastro-intestinal tract, which can only be acquired by starvation. Water must only be given in plenty either by mouth or, in severe cases, by injection. But many patients, I am sure,

Water as a Healer—Hot Foot-Bath.

will change the doctor, if he says "starve the child for twenty-four hours and give only water"—They will think that without food the patient will become weak. But very few people will agree that, when the food is not digested and absorbed it is no use giving it. It is sure to do more harm than good. By starvation, we give rest to the deranged gastro-intestinal canal and allow it time to set itself to proper working order. Vomiting or diarrhoea is only an indication that everything is not all right inside the stomach or the intestines. As rest is necessary to the diseased body so it is true of all the organs of the human system. In severe cases, no food should be given, except plenty of water, till the symptoms subside, and then small quantities of fluid to be increased very cautiously. On no condition solid food should be started with. The common belief is that solid food is more strengthening to the body than the liquids. But even solid foods have to

be converted into liquids in the intestines before it is absorbed into the blood. So by giving solid foods you only give extra work to the digestive organs without any extra benefit to the body.

These are some of the common beliefs among the lay-public, which have no scientific backing. Water is always associated with cold, whereas water is the mainstay of the human body. No harm will come by giving it whenever it is indicated. How can anything which is vital to the body ever harm it? We all know that food is our main aim in life. But it has got its own limitations. We cannot take more food than our stomach can hold or digest. Similarly, we must go according to the needs of our body. When the body refuses to take food we must cut it down and treat the cause which is responsible for it and not force food, which will only augment the disease.

Victims of Summer Sore-eyes

—— By Dr. L. R. Fernandez ——

Physician and Eye Surgeon, Trichinopoly.

THE wheels of time have brought in their revolutions one more summer with all its intensity of heat and dust to boot. Numerous are the men, women and children whose eyes have been adversely affected by the heat. Annually during summer and the subsequent windy months, these unfortunate victims suffer a good deal from troublesome and annoying sore-eyes or conjunctivitis. To the general practitioner it may perhaps be one of the "common and simple" diseases and as such he is likely to treat it very light-heartedly, as many instances have so proved. But to the sufferer and the eye physician it is quite a different story, chiefly when one considers the amount of suffering and the complications which evolve upon a case of neglected sore eyes. Hence this subject is of paramount importance and the danger of the disease spreading and its frequency demand a fuller knowledge by the laity.

Sore eyes or pink eyes are caused by Koch-Week's bacillus which thrives favourably during the hot months and beyond. The conjunctival sac offers a congenial soil for the growth of this micro-organism. This is a very minute organism which multiplies with great rapidity and in the process of growing destroys the tissues in which it develops. Infection from one eye to the other, or from one person to another is occasioned by the conveyance of the germs, either by bringing them from the affected eye into direct contact with the unaffected eye through the medium of soiled fingers or towels, kerchiefs etc. contaminated by the discharge from the former, or through the medium of the air, the wind blowing the dried secretion from diseased into healthy eyes. This peculiarity of the manner of distribution of the disease accounts for the epidemic form which is annually recurring during the summer and windy months.

The exposure of eyes to heat and light, rays, fumes, gases and high winds

is the exciting cause of sore-eyes. So it is advisable to protect the eyes by lenses properly coloured to neutralize the irritating effect of the ultra-violet rays. Greenish and amber-tinted lenses have been found to be the best for these purposes. Not all forms of conjunctivitis are dependent upon germ activity, many a time uncorrected error of refraction is a potent cause of conjunctivitis, the inflammation in the mucous membrane resisting all local treatment until the proper correcting lenses have been prescribed.

Having known the causes let us enquire into the signs and symptoms of this disease so that the lay public may be better enabled to co-operate with the physician in the early eradication of the disease. The affected eyes are blood-red and there is a sensation as if some sand or grit were in the eyes. The patient very often tells the doctor that there is some foreign body in the eyes and refuses to leave the dispensary or hospital until it is removed.

In fact, however carefully the doctor may examine the eye in such cases, no foreign body can be found. The gritty sensation is due to the mucous secretion or gummy flakes which the patient feels like sand in the eyes. This may interfere with the vision. There is also burning sensation and copious lachrymation. The mucous secretion accumulates at night when the lids are closed and at rest and this causes the lids to adhere in the morning. There is considerable fear of facing any light. The patient prefers to spend his day in a dark room. His eyes are so very intensely sensitive to light.

In some neglected and protracted cases the usual complications are ulcers of the cornea and inflammation of the iris, both of which require constant attention and intelligent treatment. Several unfortunate patients have woefully lost their eyes for want of timely scientific treatment. This is more so in the remote villages where there are no eye dispensaries, not even general dispensaries. Here in the interest of all readers, I may advise them not to entrust their eyes to quacks who have done more harm than good to the eyes. Another note of warning I wish to sound is this: Under no circumstances whatever use alum to the eyes, as very often perforation of the cornea has occurred after using it by the ignorant laity. In the whole human body there is no organ more delicate and precious than the eyes. So if you wish to save it, however advanced may be your sore-eyes, always make it a point to go to a well-trained and well experienced eye physician who will give you the benefit of his sympathy and mature experience. In some of the over-crowded hospitals of big cities, should you happen to wait for hours and then find that individual attention is not so much paid as you desire, don't bring down the roof on that score by your volley of vituperations upon the whole medical profession. Think that there are in the world as many sympathetic doctors as there may be in-different ones.

A word about eye drops. For sore-eyes, preparations like silver-nitrate, silvol, argyrol etc., have their own merits and demerits, and times out of number, are dangerous instruments in the hands of the unenlightened laity. These solutions have to be used in different strengths according to the stage of the disease. By

indiscriminate use of them, eyes may grow worse than before. Never use them without medical guidance or supervision. Nor use them in the evening or night. They must be used only in the morning, as the secretions will be thoroughly washed out during the day when the eyes are kept open Whereas, if used at night, the secretions get pent up within the closed lids during sleep and the progress may be retarded. Another fact must be borne in mind By constant and unskilful use of silver solutions, black pigmentation of the conjunctiva, called argyrosis may occur. No doubt every one, be he man or woman, young or old, does care for the aesthetic and cosmetic appearance of his or her eyes—the beauty windows of the face. So don't stain your eyes too much to disfigure them and spoil the beauty of your face. These are some of the suggestions I wish to give to the victims of sore-eyes during this epidemic, for, those who are "forewarned are fore-armed" indeed.

Phthisis and its Prevention

—By Dr. Haridas De—

Late Senior House-physician,
Campbell Hospital, Calcutta

After so much has been written on the subject, my attempt to write anything new or original is more than what can be expected. Yet I am tempted to write a few lines on the disease with the plea that this being one of the most common diseases in our country, is carrying away larger percentage of lives If my humble article is proved to be of some sort of educative value to my kind readers, I shall feel amply recompensed for my labour.

Phthisis or consumption is caused by entrance in our body of a special bacillus called Bacillus Tuberculosis and hence its another name is Tuberculosis. The bacillus is generally present in the sputum of a patient suffering from the disease. These bacilli are scattered freely in dust when the sputum is dried and by the medium of air these bacilli in the dried sputum get entrance into the body of a healthy man living at close quarter to the patient suffering from the disease, through his inhalation.

The infection may take place by process of ingestion and this mode of infection is most common in cases of tuberculosis in children, the main source of bacilli being contaminated cow's milk.

Sometimes the bacillus gets entrance into the body by process of inoculation viz., gets entrance through any open wound or ulcer in the body

Sometimes hereditary transmission plays a part in its causation, though the actual route is yet a question of much dispute.

Prophylaxis

Among the various important preventive measures that should be adopted, mass education tops the list. The lay public who are quite ignorant of the mode of spread of the infection as well as the fatality of the disease

should be given a thorough idea and knowledge about this fatal disease by means of lectures in open meetings, lantern lectures etc. The education of the credulous lay public plays a larger part in its prevention. They should be advised to report any case of Phthisis in their locality to the Director of Public Health, or Sanitary Inspector etc. instead of hiding it which is the common practice in our country. The sanitary condition of the careful inspection of dairies and abattoirs should be taken. Sputum of the infected person should be thoroughly destroyed by means of boiling or burning of the clothes of the patient. Care of the sputum of the infected person is an important factor. The upbringing of the children of families having an inherited tendency to tuberculosis needs special care. But the last and the best method to be adopted is to organise sanatorium and hospitals for segregation and treatment of the patients suffering from the disease. The number of sanatorium and hospitals meant for tuberculous patients in our country is very small in comparison to that of the patients. So the intelligentsia of our country who have the good of the people at heart should put their heads together to devise ways and means towards the removal of this much-felt want.

Cow is one of the chief sources of Tubercular Infection; so beware of infected Cows and their Milk.

the poor public should draw the attention of the Board of Health Control. As has already been stated, the two great sources of the T. B. Bacilli are the dried sputum from infected tuberculous patient and the tuberculous milk, direct preventive measures, such as penalization of spitting in public, the disinfection and cleaning of the house or room occupied by the patient suffering from Phthisis and

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Venereal Disease—Advice to Young Men

—— By U. Soe Min, L.M.P. ——

Pantanaw

As venereal disease is one of the most prevalent, incapacitating and life-destroying diseases in existance, every person is vitally concerned in the fight against it It is a danger for the guilty as well as for the innocent, because when one partner has got the disease the other may get it, as in lawful marriages, innocent wives become infected and a still more terrible thing is that innocent children are born into the world tainted with the disease and condemned to suffering and sickness from their birth This is called the "Syphilis of the innocent" which is a very well known term in medical books and any doctor will tell you how these dreadful diseases bring their scourge to those who have least deserved it

Short History of Syphilis:—According to the best syphilographers syphilis originated in America and this disease was not known in our Eastern Hemisphere in pre-Columbian days, until the return of the Spanish sailors from Hayti, from where it spread among the inhabitants of Barcelona In 1493 it reached Italy with the army of Charles VIII. His soldiers syphilised Naples and the disease spread throughout Italy and in a few years Europe was aflame. From there it spread throughout our Eastern countries At first it was called "Neapolitan disease or French Pox".

Mode of Infection.—Generally speaking the disease is transmitted from one person to another through sexual misconduct. It may be congenital, *ie.*, when the father or the mother or both are affected the child may be born tainted with the disease. It may be accidental, such as infection that takes place through using the infected person's towels, razors, cups or public lavatories, etc. Such cases though not common, do exist.

Definition and dangers of Venereal Disease.—The two chief venereal diseases are Syphilis and Gonorrhoea. Gonorrhoea means discharge of pus from and a burning sensation in the urethra, this usually appears between 2 to 8 days after infection. Gonorrhoea though less destructive than syphilis is more painful and both of them are extremely serious Syphilis begins with the appearance of a sore on the genital called chancre accompanied by enlargement of glands in the upper part of the thigh: it usually appears between 2 to 6 weeks. Gonorrhoea inflicts acute suffering and has been proved responsible for a quarter of the blindness and sterility in the country. Unless properly treated, Gonorrhoea may and often does bring stricture of the urethra causing incapability of passing urine, kidney and bladder diseases, impotence, chronic neuraesthenia, urinary and pelvic diseases, and is specially dangerous in the case of women, in cases of children it may be more stubborn to cure than syphilis; may cause painful swelling of the joints, which if not properly treated may cause a fixed joint and various other troubles may follow Gonorrhoea

and yet there are people who will tell you that Gonorrhoea is not of such account, *i.e.*, "No worse than a bed cold". They say so because they *do not know.* Acute Gonorrhoea may become chronic in which there is only a little discharge frequently, with no other troubles and they may go on for months and years and it must be remembered that the disease, even in this stage can be transmitted to women.

Syphilis is one of the most dangerous and life destroying diseases in the world. The late Sir William Osler, Regius Professor of Medicine in the University of Oxford, placed it 3rd or 4th among the killing diseases and he further stated that a medical student who is thoroughly grounded in Syphilis and the diseases it leads to, would have a good knowledge of all branches of his profession. When not properly treated it frequently leads to various diseases such as a patient may be inco-ordinate in his movement or may be staggering or may become insane, may have various deformities, and suffer from heart diseases and many other diseases of the various organs of our body The patient may become a hideous being, loathsome to himself and to others or a wreck from the diseases of the heart and nervous system. Not only has he to suffer but also his wife, who is as innocent as a baby, may become infected and may have to suffer likewise It is the most common cause of miscarriage—the birth of child before full term whether dead or alive and still birth of a dead child. In some cases the child may live for a few days and then death supervenes or if that child's life be prolonged he or she has to suffer the same Will you betray your wife, your family and your mother country? Have mercy upon your betrothed or intended (if not yet married) or your wife (if married) and your unborn children. Would you like to have a child suffering from various diseases from its birth? Is it justifiable for your wife to bear a child for 6 or 7 months and after that to see the birth of a dead child? Or a child who survives for a few weeks or months or years of misery? The late Sir Malcolm Morris in his work on "The Nation's Health" stated that monstrous extravagance allows venereal disease to crowd our Asylum and Poor Law Institutions, our Blind and Deaf schools with its human wreckages.

Syphilis and Marriages.—It is natural that every heart desires a mate. For some reasons beyond our comprehension nature has so provided that we are incomplete in ourselves. Irregular marriages have existed from the beginning of our recorded history and unless man's nature wholly changes, of this we have no hope, it will continue V. W. Dyer in the 'Saturday Review' of England, stated that marriage for the vast majority of normal people is best. In order to develop their highest possibilities of achievement of a life of love, men and women should marry; they need each other for their highest development and the best welfare of the State. But the diseased, feeble-minded, and criminals have no right to marry and propagate a race of inferior, degraded and wretched humanity. It is the basest treachery to his wife and to the State to become the father of children, blind, weak, crippled, sore and deformed, because of his selfish gratification in sowing "Wild Oats". Two years at least should elapse between the date of infection and the contracting

of marriage, provided the treatment is thorough and efficient and at least a year has passed without any manifestation of the disease and the physician can honestly give a clean bill of health. No marriage can be happy where the husband has sold his own health together with his honour and is tainted with the disease. Surely today every thoughtful young person realises the fact that such diseases may wreck not only the man and infect his own wife with horrors unimaginable but they may destroy the health and even the very existence of unborn children. Therefore no honourable man who understands all these facts will want to marry until completely cured.

Method of prevention and cure.—As the root cause of evil is sexual misconduct, it must be stamped out as far as possible. Personal purity is the best method of prevention which some people will find very hard to maintain but by some it can be borne and it is our duty, as medical men, to urge this lesson upon young and old who seek our advice in such matters. If irregular marriages can be reduced, venereal disease can also be reduced provided early and proper treatment is taken by those who have run the risk. *The longer one waits the greater is the risk.* So when any symptoms appear, go at once to the nearest Doctor or hospital in order that the disease can be easily cured within a short time, thereby preventing its spread to others. Disappearance of symptoms does not necessarily mean that the disease is cured. It may lie hidden for months or years. Any Doctor will tell you that the venereal department of every hospital is crowded with elderly people suffering from heart or nervous disease due to previous venereal attack when they were young. So patients should, on no account, discontinue treatment or recommence their marriage obligations *until pronounced cured and free from infection by a Doctor.* Several means have been adopted to prevent people from contracting this disease but they are not very successful because people, when they are taught how they get the disease and the danger that will subsequently follow not only to themselves but also to their family and others, seem to be interested and get disgusted at their loathsome act and determine to lead a pure life but after a few days or so they yield to their temptation very easily and forget all. The thing is they cannot resist their temptation. It is all right for those who can resist their temptation but I am speaking of those who cannot resist, *i.e.*, the feeble-minded, weak-charactered, those who are in bad environment, which very often defeats the ethical teaching. To resist such temptation, the British Social Hygiene Council has recommended one method which is to encourage the people to fill up their leisure hours with wholesome interest, if wholesome interest and recreation are provided for them their minds will thus be kept off sex and temptations to irregular marriages will be very much less. Hard work of body and mind will prevent this. Idleness is the mother of debauchery and a young man will find that absorption in any pursuit will do much to cool the passion which though natural and proper, cannot in the exigencies of our civilisation always obtain natural and proper gratification. If the moral standard can be raised by education, entertainments and recreations, there

will be no necessity for any other preventive measures. Every person, young and old, must be taught what venereal disease is, how he contracts the disease and the dangers that lie hidden, not only for himself, his wife and his family but also to the State. Dear readers, please excuse me for telling you all these facts plainly and frankly Silence does much more harm in this case than speaking frankly. There is a saying that the disease can be cured completely without any medicine, by simply having irregular marriages with young girls This is *absolutely wrong*, because by such an act not only his disease remains in the same condition but he infects the other person in addition, which is a great wrong to the other party as well as to the State The only method of prevention for those who have run the risk is skilled disinfection by or under the direction of a Doctor and it must be done early and skilfully. When any symptoms of the disease appear the only course to pursue in order to obtain a speedy cure is *to go to a Doctor or the nearest Hospital at once*, because the disease in the early stages can be stamped out easily, when your health is not much interfered with yet, and also you prevent others from catching the infection. Marriage obligations should on no account be undertaken unless he is certified by a *Doctor* that he is completely cured, because of the dangers mentioned above. A terrible record from the report of the Royal Commission is that in a series of cases, out of 1001 pregnancies in 150 families where syphilis existed, there occurred 172 miscarriages and still births, 229 infant deaths, and 390 were diseased.

Common Colds and Coughs

— N. Ramakrishna Aiyar —
Vellore

COMMON colds and coughs are Nature's efforts to remove the wastes and impurities that have collected in the system and which, if neglected at their inception, become responsible for more serious complications, such as pneumonia, pulmonary tuberculosis, rheumatism, etc., by reason of the germs of these diseases getting a stronghold on the organs affected.

Winter season is considered to be the chief cause for these ailments, but we see that most of the people suffer from them even during other seasons. Then, what are the real causes for these diseases?

When a normally healthy body is exposed to violent changes of temperature, such as from cold air to warm air or from warm air to cold air, the pores of the skin become suddenly closed, thus preventing the waste products from being thrown out of the body. These waste products so collected in the system must find their way out through the other organs of elimination, viz., the liver, the kidneys and the lungs, and again, if the liver and the kidneys are not in a normally

healthy condition, the lungs alone have to do the heavy task of removing these poisons from the system and hence they become affected and give rise to colds and coughs. Persons with weak lungs become easily susceptible to these ailments. Thus, we see that the most important causative

Influenza—A patient coughing and spreading it to children and fellow passengers in a Railway Compartment.

factor of cold or cough is the accumulation of waste matter in the body. There are also some minor causes such as breathing foul and dusty air, coming in contact with persons suffering from them etc. The symptoms of common cold and coughs are too well-known to need any mention here, and hence, I pass on to suggest the following natural ways of treating them.

1. In treating a cold or a cough, the first and foremost thing to be done is to remove the cause viz., the accumulation of impurities from the system. This can best be done by drinking plenty of hot water and barley water which stimulates the action of the liver and the kidneys in throwing out the poisons.

2. Eat simple, uncontaminated food which does not contain much carbohydrates (starches and sugars).

3. If the complaint is of a chronic or severe character, avoid all articles of food (except water) for a couple of days. This helps in curing the ailment a great deal.

4. Include good quantities of green vegetables and fruits in your diet and masticate every morsel of your food thoroughly.

5. Take a daily warm bath to stimulate the action of the skin in throwing out the impurities.

6. Make a brisk walking or running exercise daily in the mornings and evenings, no matter however cold the weather may be. The system, as a result of such an exercise, becomes heated and cures the disease in a short time.

7. Spend much of your time in fresh air and expose the body to the sunshine which plays a great part in eradicating the disease. Never shut yourself up in ill-ventilated rooms for fear of cold air.

8. Practise deep breathing exercises, both morning and evening for about ten minutes.

9. Take a warm foot bath once or twice a day until the complaint disappears.

If the above simple rules are put into practice, the doctors' bills can be avoided with a great sigh of relief.

Topics of Interest from Periodicals

Mosquitoes shun yellow?—Is a particular colour a protection against the insistent attacks of mosquitoes?

An answer to this question seems to have been recently found by a Buddhist monk in Ceylon.

He has found out that his robes, which by immemorial custom are bright yellow, afford him sufficient protection against the anophelæ mosquitœs. A prolonged stay, rendering relief in a hospital in the Kogalla district where the malaria epidemic was severest, did not make him liable to the attack of the anophelae This was in great contrast to the other relief workers who, being laymen, and dressed in white, succumbed to malaria

This theory has been put to the test by a few men in Colombo who maintain, by their own experience, that it is true.

It is pointed out that of all colours the mosquito is partial to red, especially to a deep blood-red, although the fact has nothing to do with its fondness for blood For yellow it shows the deepest aversion, and shuns it on all occasions

It is said that the seeing power of the mosquito is such that it is susceptible to colour even in the ordinary darkness of the night so that it is suggested that night-dresses of bed-coverings of a yellow colour will aid in keeping mosquitoes at a respectable distance.

From this it would appear that in the fight against mosquitoes, whether anophelae or ordinary, the use of the yellow colour in the scheme of house decorations or furnishing of furniture will be a great aid especially when it is remembered that all insects dread sunshine, and the colour of sunshine is yellow, and not white—*Medical Progress*.

* * *

The Valuable Lemon.—Let us first look at the water content of the lemon—89 30 per cent of its weight is water We get nature's finest distilled elixir in its juice, so much more invigorating, life-sustaining, and refreshing than chlorinated water No kidney trouble results from lemon juice, but it is one of the finest cleansing agencies to bring about better functioning of those little filters situated in our loins to carry off many impurities that would otherwise poison the blood stream.

Of course, there's not much protein and fat in lemons, but one gets enough, usually too much of those things, elsewhere Everybody eats too much protein, and many take more carbohydrates and fats than is necessary, thus becoming overweight.

Supposing we distil the water from a lemon, leaving only water-free material Here will be a revelation to many We speak of lemons as citrus fruit, where citric acid is one of the most striking ingredients It does not occur to many, however, that alkalis are dominant in the lemon, that there is a total of more than five times the quantity of alkaline elements as of acid elements It can, therefore, be seen that the use of lemons will give a very decided alkaline reaction from that alkaline base.

I have long recommended the use of one sixth of a lemon, a chunk containing skin and fibre, for brushing and cleaning the teeth, with a very good effect upon both gums and teeth It is unquestionably one of the finest antiseptics we have.

Ladies who have stained hands find that the skin and inner fibre of a lemon, with some of its juice, will more quickly remove those stains than almost anything else that can be applied, and, as an internal douche, a tablespoonful of lemon juice in a pint of water is very cleansing.

For an enema put the juice of a lemon in two quarts of lukewarm water.

Rub your cheeks and other parts of the face with the skin and fibre of a lemon, for a healthful treatment, and save on the cost of face powder, which often contains poisonous substances

Gargle with straight lemon juice if there is a sore throat or threatened diphtheria. Mix equal parts of lemon juice and honey and drink a spoonful at a time if there is trouble in the larynx.

Dry the skins of lemons and oranges, in the oven or over the stove, and grate them to add flavour to many foods

Take the juice of a lemon in a glass of water every morning and every evening for a congested liver or threatened gall-bladder trouble.

Make salad dressing of one part lemon juice, one part honey, and two parts olive oil

Use hot lemon squash for a parched throat, and in fevers. Sweeten it with honey, if desired, but never with refined sugar.

Use lemon juice instead of vinegar. It will prevent and cure scurvy. It is excellent in rheumatism, gout, sciatica, and arthritis.

It has a supply of potassium, which gives suppleness to muscular tissues and is a predominant element in the red corpuscles of the blood and brain, and has much to do in the generation of nerve energy

Lemons also contain a valuable supply of calcium, the element used in the building of teeth and other bones and keeping them in repair.

Lemons contain magnesium, which hardens teeth enamel, preserves lung tissues, builds cells, particularly nerve cells, and keeps the blood fluid.

In the lemon we have a good supply of phosphorus. Phosphorus is needed in the formation of lecithin, which is essential to good respiration, therefore, we can see how foods containing this element can be useful in asthma, bronchitis, and catarrh.—*John Maxwell, in the Vegetarian Messenger.—Thr' O. W. & H. of H*

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Leprosy in India:—The following extract from the address delivered by Dr. J. Lowe research worker in leprosy, School of Tropical Medicine, Calcutta at the Mission to Lepers Conference, Calcutta held on February 5, 1936 and published in "*Leprosy in India*" April, 36, will be read with interest:—

" In India we are faced with this enormous problem of leprosy, with at least one million people suffering from the disease, some of them, it is true, with the disease in a comparatively mild from. We have no rapidly effective treatment, and we have no method of producing immunity in those exposed to infection. The social and economic condition of the

country is such as to render it exceedingly difficult to organize any effective measures of control.

Because I have stressed the difficulties and the inadequacy of our weapons in the fight against this disease, I have sometimes been called a pessimist and have been accused of discouraging people who are doing, or thinking of doing, anti-leprosy work I believe that a full appreciation of the difficulties is the first essential, and that it is not in the interests of anti-leprosy work to lead people to expect rapid results in treatment or in preventive work We have to take a long view We are at present meeting with criticism and sometimes with opposition which are, I fear, the direct result of the excessive optimist of ten years ago leading people to expect too much We must at all costs avoid this in the future.

If we study the development of anti-tuberculosis work in other countries we find that the initiative was usually taken by private individuals and organizations often assisted by Government, and that in this way work has developed up to a point beyond which it was impossible for private organizations to carry it. At this point the Government and local authorities have stepped in and taken over the burden of the organization and finance of the work, still often leaving considerable scope for the work of private agencies and individuals.

The development of anti-leprosy work in India should in course of time develop in a similar way Up to the present the work has been done largely by private agencies assisted by Government The chief of these agencies are the Mission to Lepers and the Indian Council of B.E.L.R.A. There has been, and always will be, ample scope for the work of such organizations, but we should realize that it is quite impossible for them to undertake the responsibilities of the Government with regard to leprosy. Provincial Governments and local authorities often seem slow in undertaking their responsibilities but we should not regard this as indicating the necessity for our trying to do it for them This is a task far beyond our resources.

What then should our aims be? I think that we should undertake anti-leprosy work in a limited sphere, making quality rather than quantity our aim maintaining a high standard of work and showing the way to Government, local authorities and voluntary bodies and encouraging them to undertake similar work on a scale far wider than we can ever do".

* * *

Fruits for young Children.—Fruits are of great value to the growing child on account of their vitamin and mineral content and their laxative properties, according to Dr. Philip S Potter (*Archives of Pediatrics*). But they should not be given indiscriminately and without regard to the age of the child. They should be eaten at least once a day, being cooked if served at the evening meal. Fruit juices may be taken very early, orange and tomato juice at the third month and prune juice at the sixth month at the noon meal, particularly if there is constipation. Some authorities permit baked apples and apple sauce at the eighth or ninth months others delay them until the twelfth. Baked apples and peaches are declared

to be more digestible than apple sauce and pears, the last named requiring a long time for digestion and being decidedly laxative

Stewed pears and apricots or a ripe peach may be offered in the third year; some pediatricians also permit grape fruit at this period, but others withhold it until the sixth year on account of its acidity and coarse pulp. Baked bananas are allowable at the end of the second year, while very nutritious they are difficult to digest unless very ripe and well chewed Grapes that are mature are desirable if the skin and seeds are removed. Dried fruits like dates, figs and raisins are rich in sugar and tend to be laxative They should not be given until the sixth year Cooked strawberries and blueberries may be given during the fourth year, the raw two years later. Blackberries are astringent and should be eaten raw only if perfectly ripe. For constipation, fruit should be taken at the beginning of a meal or before breakfast.—*S.—Good Health* (*U.S.*A.)

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The Effects of tobacco—It is not the nicotine alone that is harmful, there are other injurious chemicals and gases given off on heating in combustion which affect the health, such as pyridin, glycerine, carbon monoxide, ammonia, picolin, etc., according to some chemists. The artificial flavor the manufacturer adds to the tobacco in whichever form it may be liquid spray or sprinkling powder surely does not act as a neutralizer to the other poisons.

There are no constituents in tobacco or its smoke which are necessary for the physical and chemical process of the human machine to sustain its existence or help to continue its functions normally.

Smoking in excess will cause loss of appetite, indigestion, heart burn, dimness of vision, irritation and congestion of the throat pharynx and larynx; nauseating taste in the mouth, palpitation of the heart, tobacco heart, nervousness, unsteady hand, headache, cough, giddiness, dryness, in the mouth, diminution of sexual power in men and as a continuous local irritant on the mucous membrane may give rise to cancer in those especially predisposed to it and in those who are in the habit of indulging in the smoke of the macerated last inch of their cigar which is a reservoir for all the poisons moistened by the saliva of the mouth and bathing in the tobacco oil. Thus we can see how easily it may be absorbed and indirectly be a contributory cause of a fatal outcome.—*Medical World—America*

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Treatment of Wounds with Honey and Cod-Liver Oil.—Lucke (*Deut. Med. Woch*, Oct. 11, 1935, p. 1638) reports his observations on honey and cod-liver oil as surgical dressing at a Red Cross Hospital in Hamburg The author has found honey very useful in much-soiled necrotic wounds but it does not promote granulation tissue formation. The author further observes that cod-liver oil stimulates the growth of granulation tissues and so recommends employing honey to clear a wound and cod-liver-oil to hasten its healing. Both honey and cod-liver oil may be combined in an ointment form and used either directly on the wound or placed on a compress which is fixed with adhesive strappings.—*From Current Medical Literature, Vol. V., No. 6, March, '36., p. 325*

Health Calendar—July 1936

By Mr. N. Rajaram Naidu,

23, Sivaraman St., Triplicane, Madras.

Wed.	1	*Bank Day.*
Thurs.	2	Good health is God's health : guard it carefully.
Friday.	3	Don't hurry your meals.
Sat.	4	The fly is a scavenger : he breeds and lives in filth.
Sun.	5	Avoid close stuffy rooms.
Mon	6	Mother's milk is the best food for the baby.
Tues.	7	Keep physically fit.
Wed.	8	Eat plenty of fresh fruit and vegetables
Thurs.	9	Cheerfulness is the medicine for the mind.
Friday.	10	It is important to keep your house and backyard clean.
Sat.	11	No dirt : No flies.
Sun	12	Life is not to live but to be well.
Mon.	13	A growing child needs sunshine.
Tues	14	Avoid eating too much.
Wed.	15	The local officials should be informed about communicable diseases.
Thurs.	16	Sore throat requires prompt attention.
Friday.	17	Decayed teeth cause much suffering and bad health.
Sat.	18	Exercise to keep well.
Sun.	19	Sail to Health on the good ship—Prevention.
Mon.	20	A sound mind in a sound body.
Tues.	21	Don't spit
Wed.	22	Cholera, though preventable, is one of the leading causes of death in India.
Thurs	23	Dirty places mean diseases.
Friday.	24	Stand, sit and walk erect.
Sat.	25	Fresh air is a cordial of incredible virtue.
Sun.	26	Make health fashionable.
Mon.	27	Complete records of births and deaths are important.
Tues.	28	Drink pure water after and between meals rather than with your food.
Wed.	29	Vice breeds disease.
Thurs.	30	Breathe always through the nose.
Friday.	31	" Preventable "—then why not prevented ?